



## Lake Dallas I.S.D. School Health Advisory Council Meeting (SHAC) minutes, 3-3-11

- **Members:** Lynne Groves-nurse, Eric Rosar-P.E. teacher, Deon Quisenberry-principal, Donna Kulle-nurse, Jay Simpson-parent, Emily Head-counselor, Ruth Bowen-nurse, Lana Carathers-nurse, Charlotte Hicks-child nutritionist, Grace Forehand-parent, Peter Graves-parent, Jo Shoemake-nurse, Jill Stover-parent, Kim Morgenthaler-parent, Lovana Alberts-parent, Venessa Augustin-parent, Kathy Hieb-parent, Marvlous Gowans-parent, Priscilla Vinson-parent, Paul Ruggiere-parent/Mayor-Corinth.

- **Location:** Lake Dallas Elementary, Conference Room, Time 1:00.  
The meeting was called to order by Chair Grace Forehand at 1:07.

- **Welcome and Introductions:**

In attendance: D.Quisenberry, Lynne Groves, Ruth Bowen, Charlotte Hicks, Grace Forehand, Lovana Alberts, Jennifer Perry, Carol Galloway, Silver Patrick

- **Review SHAC minutes 1-13-11**

The Council reviewed and approved the minutes from 1-13-11.

**Presentation: (power-point)** Presented by D.Quisenberry: Linking Health Education and Academic Achievement; School health education programs directly improve learning by increasing standardized test performance and increasing achievement scores in reading.

- **Action Items:**

- Reviewed membership status: discussion of membership attendance and members' desire to be on the council. Calls will be made to verify interest.
- Nominations for the election of officers for 2011-2012: Deon Quisenberry was nominated as Chair and Lavana Alberts as Co-Chair. Elections will be held at the September meeting.

- **TSHAC Report:** Members were again asked to respond to the SHAC self-assessment tool. TSHAC Self-Assessment tool is located at:

<http://www.dshs.state.tx.us.schoolhealth/shadviseresources.shtm> )

Two assessments were reviewed. The results were positive.

- **Assignment** for members for the next meeting: Read over materials presented and become more familiar with SHAC resources on the LDISD website and related health issues and topics that might be addressed for action in the future. Come to the next meeting with ideas for action items.

- **The following information, report and activity items were presented and discussed. (SHAC focuses attention on these following eight priority areas for the most effective and efficient way to meet the coordinated school health needs of our district.)**

## **Physical Education:**

- **Report:** Analysis of Data on Physical Inactivity in U.S. Adolescents: Family, Neighborhood and Individual Factors Concern about physical inactivity among U.S. youth has been mounting in recent years. Although much attention has been paid to individual factors that may contribute to this problem, such as television viewing and cigarette use, the roles that family and neighborhood influences may play have been largely unexplored. To help fill this research gap, Child Trends analyzed parent report data from the 2003 National Survey of Children's Health (NSCH) to identify family, neighborhood and individual factors that may have a bearing on adolescent inactivity. Key findings of how families and neighborhoods contribute to inactivity include: inactive adolescents are more likely to come from families that do not exercise, sedentary teens are more likely than their active counterparts to use technology at least three hours each day, are overweight 15% compared to 12% in active adolescents, and are more likely to eat less than three times a week with their families. These and other findings have important implications on current programs that focus on school and community-based interventions. For the complete NSCH May 2009 report, go to [www.childtrends.org/Files//Child\\_Trends-2009\\_05\\_01\\_RB\\_PhysicalInactivity.pdf](http://www.childtrends.org/Files//Child_Trends-2009_05_01_RB_PhysicalInactivity.pdf).

- **Study:** - Sports help children resist smoking, but movies have a big impact  
Playing team sports reduces the likelihood children will smoke; but that benefit is trumped by the detrimental influence of smoking in movies, study data found. The study, published this month in the *Archives of Pediatrics and Adolescent Medicine*, showed that those who didn't play sports were twice as likely to become smokers as those who did, but both groups were equally affected by exposure to smoking in movies. Read more at [http://news.yahoo.com/s/hsn/20090706/hl\\_hsn/teamsportscantcompetewithfilmstokeepkidsfromsmoking](http://news.yahoo.com/s/hsn/20090706/hl_hsn/teamsportscantcompetewithfilmstokeepkidsfromsmoking).

- **Report:** by Grace Forehand.....Interest was expressed in seeing about having "relaxation"/"stress reduction" physical techniques be a part of PE, especially in Middle School. Grace Forehand investigated further with Coach Kloske. Coach Kloske indicated that relaxation and stress reduction activities were a strategy they sometime use.

## **Health Education:**

- **Resource:** The Science of Healthy Behaviors  
This National Institute of Health curriculum introduces middle school students to the scientific study of behavior. Lessons focus on defining "behavior," what influences it, surveys and behavioral specialists in health care settings. In role-playing activities as behavioral therapists, students investigate the influences and consequences of behaviors. They also learn how science provides evidence that can be used to understand and treat human disease. To access the curriculum, go to <http://science.education.nih.gov/supplements/nih7/healthy/default.htm>.

- **Resource:** Teens Encouraged to *Get Fit By Finals*  
A new program called, *Get Fit By Finals* is encouraging teens to get into the fitness game. The new program is part of a new partnership between the "got milk?" Body By Milk Campaign and NBA FIT, the National Basketball Association's comprehensive health and

wellness initiative that promotes healthy lifestyles for children, teens and adults through fitness and nutrition. Access the program at [www.bodybymilk.com](http://www.bodybymilk.com).

**-Report: *Health Effects of Energy Drinks on Children, Adolescents, and Young Adults***, published in the Journal of the American Academy of Pediatrics, reviewed 121 studies and articles to determine the effects, adverse consequences, and extent of energy drink consumption among children, adolescents and young adults. The literature review found that energy drinks are consumed by 30%-50% of adolescents and young adults and are associated with diabetes, cardiac abnormalities and mood or behavioral disorders. The authors also found that of the 5,448 US caffeine overdoses reported in 2007, 46% occurred in those younger than 19 years. The article concludes that energy drinks have no therapeutic benefits and that considering the known adverse effects of such drinks, more research and education outreach should be undertaken to study the long-term effects and inform the public.

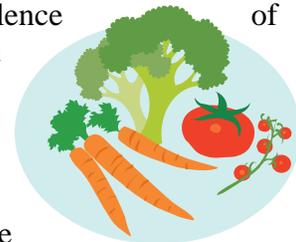
## Health Services:

### - Resource: Diabetes and Discrimination

The American Diabetes Association is committed to ending discrimination against children and adults with diabetes by providing information and assistance to people with diabetes and their advocates. ADA uses a four-step process to end discrimination: educate, negotiate, litigate and legislate. Read more at [www.diabetes.org/advocacy-and-legalresources/discrimination.jsp](http://www.diabetes.org/advocacy-and-legalresources/discrimination.jsp).

## Nutrition Services and Education:

**- Report:** Article Explores Eating Behaviors and Attitudes Among Food-Insecure Adolescents "We found that food-insecure (not having access to enough food for an active, healthy lifestyle because of a lack of resources) youths had several known eating-related risk factors for overweight," write the authors of an article published in the May 2009 issue of the American Journal of Public Health. Because of the increasing prevalence of childhood obesity in the United States, the effect of food security on both weight outcomes and predictors of obesity is of special interest. The authors sought to assess barriers to healthy eating as well as the availability of healthy and unhealthy food among food-secure and food-insecure adolescents. The authors conclude that, "rather than educating food-insecure youths as to why they should be eating healthfully, efforts should be made to eliminate barriers to healthy eating." Widome R, Neumark-Sztainer D, Hannan PJ, et al. 2009. Eating when there is not enough to eat: Eating behaviors and perceptions of food among food-insecure youths. American Journal of Public Health 99(5):822-828. An abstract and the full text is available at [www.ajph.org/cgi/content/abstract/99/5/822](http://www.ajph.org/cgi/content/abstract/99/5/822)



**- Information:** March is National Nutrition Month

## Parent and Community Involvement:

**- Resource: *FindYouthInfo.gov*** – A New Web Site Dedicated to Strengthening Youth Programs: The Interagency Working Group on Youth Programs is pleased to announce the launch of *FindYouthInfo.gov*, a collaborative effort of 12 Federal departments and agencies developed out of a shared goal of strengthening community resources to support our Nation's youth. This site provides targeted information to help youth-serving organizations and community partnerships plan and implement effective youth programs. This Web site

features many Federally-developed interactive tools to help users build quality partnerships within their communities and help America's youth reach their full potential. Online tools include social bookmarking, a calendar of events, news feeds, mapping tools, searchable youth program database and much more. Access the Web site at [www.findyouthinfo.gov](http://www.findyouthinfo.gov).

- **Activity:** Denton Health Department is sponsoring a 5K run at Eureka Park on April 9. More information can be found on their website.

## Safe and Healthy School Environment:

- **Report:** Custodians Recognized for Their Role in Keeping Schools Healthy  
School custodians play a major role in keeping schools healthy, a fact that is being recognized with the first-ever National C.L.E.A.N. (Custodial Leaders for Environmental Advocacy Nationwide) Awards. By focusing on cleaning for health, not just appearance, winners demonstrated leadership, collaborated with others and took their cleaning responsibilities seriously. Read more about the program at [www.reuters.com/article/pressRelease/idUS187738+11-Mar-2009+PRN20090311](http://www.reuters.com/article/pressRelease/idUS187738+11-Mar-2009+PRN20090311) and check out the winners' innovative cleaning efforts at [www.cleaning101.com/awards/clean-award.cfm](http://www.cleaning101.com/awards/clean-award.cfm).

- **Resource:** The following is a link to download the recently released 2010 *HHSC Quick Resource Guide*. **IT IS AN AMAZING RESOURCE** for anyone seeking or helping others to find health and human services in Texas!

Developed by the HHSC Office of Border Affairs for use by promoters and other community-based health advocates, the *HHSC Quick Resource Guide* is a summary reference document describing programs for people of all ages in seven different state agencies. Topics covered include descriptions of the programs, ages served, maximum monthly income and resource limits, citizenship and residency requirements, and additional information. It's organized by agency.

HYPERLINK

"[http://www.hhsc.state.tx.us/hhsc\\_projects/oba/colonias/QRG.pdf](http://www.hhsc.state.tx.us/hhsc_projects/oba/colonias/QRG.pdf)"[http://www.hhsc.state.tx.us/hhsc\\_projects/oba/colonias/QRG.pdf](http://www.hhsc.state.tx.us/hhsc_projects/oba/colonias/QRG.pdf)

## Counseling and Mental Health Services:

- **Resource:** Gatekeeper Training

Gatekeeper training is a research-based strategy for reducing youth suicides. Through gatekeeper training, staff come to understand that they do not need to be mental health professionals to help a student in crisis. Nor do they increase the risk of suicide by asking if students have thought about hurting themselves. If they know how to act, they reduce the likelihood of suicides in their students. This journal article from the Canadian Journal of Psychiatry ("Gatekeeper training as a preventative intervention for suicide" (2009) M. Isaac, et al., *Canadian Journal of Psychiatry*, 54, 4, 260-268.) reviews the state evidence on gatekeeper training for suicide prevention and proposes directions for further research. Access the article at <http://publications.cpa-apc.org/media.php?mid=784&xwm=true>.

- **Report:** Effects on Children Who Live with a Substance-Abusing or a Substance-Dependent Parent: An estimated 8.3 million U.S. children—11.9%—live with at least one parent (biological, step-, adoptive, or foster) who had abused or was dependent on alcohol or an illicit drug in the past year, according to a recent analysis of data from the *National Survey on Drug Use and Health* from the Health and Human Services Administration. Younger children were slightly more likely than older children to live with a substance-abusing or –dependent parent (14% vs. 10%). Since “substance use disorders can have a profound

influence on the lives of individuals and their families, particularly their children,” the authors believe that these findings “highlight the potential breadth of needs for the whole family—from substance abuse treatment for the affected adults to prevention and supportive services for the children.” For the full report, go to [www.oas.samhsa.gov/2k9/SAParents/SAParents.cfm](http://www.oas.samhsa.gov/2k9/SAParents/SAParents.cfm).

- **Activity:** At Lake Dallas High School on January 24, 25, 31 and February 1--Grades 9 - 11 social studies classes watched the SOS Signs of Suicide Program.  
Program consists of a 25 minute video --question and answer time and a response screening sheet for each student to fill out  
A team of six trained counselors and nurse presented in each class  
All staff also received training  
A panel discussion for the community is being planned---It will be informational and include experts and resources on sudden death, suicide, and the grief process

### **Staff Wellness Promotion:**

- **LDISD hosted two Mammography Days:** Solis Women’s Health provided mammograms to employees or their spouse on Feb. 22 and Feb. 26.

- **Resource:** Resources for Teachers of Students with Special Health Needs  
Many teachers in Texas have students in their classrooms with unique health needs that require special attention or treatment. H.B. 1322 from the 81st legislative session established a Web page on TEA's Web site to provide resources for teachers of students with special health needs. The Web page provides teachers with access to information on the treatment and management of a variety of student health conditions, as well as information on the impact that such conditions may have on a student's well-being and academic success. The Web page may be found at [www.txstudenthealthneeds.com](http://www.txstudenthealthneeds.com).

- **Activity:** The LDMS PTA will be hosting a few more programs this school year that relate to the SHAC priorities. In recognition of national Autism Awareness month, on April 11, the next "Value Added" Educator program will be about Autism, ADHD and Learning Disabilities in the General Education Classroom. Additionally, Miss Texas 2010, Ashley Melnick, will be presenting a program about accepting differences, Autism (her brother has it), and bullying prevention at an evening PTA special event on April 12. Details about these programs and how to register to attend will be provided shortly by flier, the LDMS website and distributed to the PTA email list in the next month. These programs will be open to all district personnel and families. Texas Land and Cattle of Hickory Creek will provide dinner.

\* Meeting adjourned at 2:05.

\* Next SHAC meeting: Will be announced